

Abstrakt

Title: Obesity monitoring in middle aged men in Hradec Kralove

Targets: The targets of thesis is to determine prevalence of the obesity in men at age 30 – 50 years in Hradec Kralove. The necessary data for this empirical research will be obtained on the basis of the questionnaires distributed among 30 active athletes and 30 patients of prof. Martiník's diabetology office, who suffer from obesity and undergo treatment in his office. Subsequently, I will perform a deep analysis of all the data obtained from the questionnaires, in order to identify hazard factors for obesity, stress management, physical activity, fixed daily routine and life management or the prevalence of the genetic load in the group of surveyed athletes and surveyed obese patients of prof. Martiník's diabetology office. These data will be then compared in order to identify the main differences between active athletes and obese patients.

Methods: The empirical research was conducted at 30 randomly selected active athletes (at age 30 – 50 years), who live in Hradec Kralove and at 30 random patients (also at age 30 – 50 years) of prof. Martiník, who also live in Hradec Kralove and undergo medical treatment on the basis of the questionnaire, which I created myself and filled personally with the patients and athletes in order to obtain the additional information. The questionnaires were then evaluated and their outputs were graphically and verbally compared.

Results: On the basis of the obtained data was proved, that active athletes suffer from obesity or overweight much less than the people, who did not practise any sport in the childhood and do not practise any sport even at the present time. Active athletes are in better physical shape and suffers from a smaller number of diseases even if they smoke or drink the excessive amounts of alcohol. It was also proved, that active athletes better manage stress load, more often have fixed daily routine – it means that they usually wake up and go to sleep in the relatively same time. Obesity must be solved on the long-term and complex bases. First, it is necessary to modify diet and eating habits at the same time add the physical activity and apply the rule of lower energy intake and increased energy expenditure.